

MONTGOMERY
MT

Breeze

October 2019

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PUBLISHED BY THE MOUNTAIN BREEZE STAFF

Town Clerk *NEWS*

TOWN OF MONTGOMERY IS NOW ON COMCAST FOR PHONE & INTERNET. SAVE THE FOLLOWING NUMBERS AS THEY HAVE CHANGED.

Selectmen's Secretary: 862-3386 ext. 1 or direct at 642-8139

Tax Collector: 862-3386 ext. 1 or direct at 642-8139

Treasurer: 862-3386 ext. 1 or direct at 642-8139

Assessor's: 862-3386 ext. 2 or direct at 642-8105

Town Clerk/Bookkeeper: 862-3386 ext. 3 or direct at 642-6927

Building, Plumbing or Electrical Inspector's: 862-3386 ext. 4 or direct at 642-8139

Adm. Police Chief: Pistol Permits Only; Home 862-4949 Office 862-3386 ext. 5 or direct at 642-5785. Fax number 642-5745.

Council on Aging: 862-3386 ext. 6 or direct at 642-8143

Library: 862-3894 or 862-3386 ext. 7

SECURED INSIDE MAIL SLOTS FOR OFFICES

The Tax Collector & Selectmen's Office now have a secured mailbox on the side door by the bathrooms. If you need to drop off tax payments or other important paperwork please put in this box.

The Town Clerk also has a mailbox that is attached to the Clerk's door. This is for dog license payments and any other important paperwork..

Judy Murphy, Town Clerk
413-862-4478

Drought brings flammable conditions

Fall is officially here! It has been extremely dry with no little to no rain for quite some time and none predicted in the forecast. Although not as common, brush and forest fires can occur this time of the year. Bark mulch around your house is flammable. Use extreme caution grilling and extinguishing smoking materials.

To our Seniors in town, see some notes from the Mass.gov website below.



154 Main Road
Montgomery, MA

Senior Fire Safety

The fire and injury risks we face change as we age and it is important to adapt our homes so we can stay independent and safe. A fall, a burn, or a fire can be devastating. As our skin ages, it thins and burns can be more damage more quickly.

Older homeowners may need help replacing batteries in smoke and CO alarms at least once a year, and replacing smoke alarms entirely every 10. Many fire departments can help through their Senior SAFE Programs.

Electrical systems need a check-up every 10 years, and furnaces and chimneys need a tune-up every year. Fuel assistance programs can help homeowners with important regular maintenance.

People facing mobility issues, may need to revise their home escape plan to accommodate that, by perhaps moving a bedroom to the first floor. People with hearing issues may want to get a bed shaker connected to their smoke alarm.

Anyone wishing to become a

Please turn to page 2

Be aware of anonymous emails

Hello All.

It has come to our attention that someone is sending anonymous emails to our Town. Their email address is environmentalactivistma@gmail.com. Please disregard any correspondence received from this email address.

Should you receive any correspondence from the Commission, the commission member will identify themselves. Commission members are Cassie Uricchio, Joel Nicholas and Paige LaLiberte.

Should you have any questions or concerns, please do not hesitate to ask. Thank you.

“It must be October, the trees are falling away and showing their true colors.”

Charmaine J Forde

Important numbers

FIRE EMERGENCY 911
 AMBULANCE 911
 STATE POLICE 911

HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102
 GATEWAY MIDDLE SCHOOL 685-1202
 GMS ATTENDANCE 685-1201
 LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386

Listen to the following extensions of each office.

townhall@montgomeryma.gov

Administrative Secretary Hours, Tuesdays &
 Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505

FIRE CHIEF - CHRIS GALIPEAU 862-4599

TOWN CLERK - JUDY MURPHY 862-3386 ext 3
 or direct line 642-6927

Office hours are on the 1st and 3rd Wednesday of each month
 from Noon - 4:00. Or you may call for an appointment.

POLICE DEPT:

ADMINISTRATIVE POLICE CHIEF -
 PAULA CHAPMAN Home 862-4949
 Office 862-3386 ext 5

TAX COLLECTOR - JANE THIELEN 862-3386 ext 1
 or direct line 642-8139

ANIMAL CONTROL OFFICER -
 PHIL CAMP 862-4976

SELECT BOARD:
 DONALD WASHBURN 862-3301
 MIKE MORRISSEY 862-3386
 JACOB CHAPMAN 862-4949

Meetings for the Select Board are held at 7:00 p.m. every
 other Thursday.

SCHOOL COMMITTEE:
 MADELYN AUSTIN 862-4004
 mrrrr@verizon.net

LIBRARY:
 LIBRARIAN - PAULA LONG 862-3894
 montgomerylibrary@yahoo.com

HOURS:
 Tuesday 10:00 a.m.-5:30 p.m.
 Thursday 4:00 p.m.-8:00 p.m.
 Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:

Meetings of the Board of Assessors are held on the 1st & 3rd
 Wednesday of each month from 8:00 p.m.-9:30 p.m. Please
 call 862-3386 ext 2 or direct line 642-8105 for an appoint-
 ment. Assessors' Clerk hours 1st & 3rd Wednesdays of each
 month from Noon - 4 p.m.

CONSERVATION COMMISSION -
 PAIGE LALIBERTE, Chairman 862-3245
 The Conservation Commission meets on the first Monday of
 each month.

COUNCIL ON AGING 862-3386 ext 6 or 642-8143

STATE REPRESENTATIVE LINDSAY SABADOSA:
 info@lindsaysabadosa.com (413) 539-8599

October Calendar

Oct. 1 Recycling day
 Oct. 2 6:30 pm - Yoga - Town Hall
 Oct. 2 Noon - 4 pm - Town Clerk Hours - Town Hall
 Oct. 2 9:00 am - Tai Chi - Town Hall
 Oct. 3 7:00 pm - Selectboard Meeting - Town Hall
 Oct. 4 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 5 8:00 am - 1:00 pm - Bulk Drop off - Behind Historical
 Society/Church
 Oct. 8 10:00 am - COA Coffee Hour - Senior Room
 Oct. 9 6:30 pm - Yoga - Town Hall
 Oct. 9 9:00 am - Tai Chi - Town Hall
 Oct. 11 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 15 Recycling day
 Oct. 15 Noon - 4 pm - Town Clerk Hours - Town Hall
 Oct. 16 6:30 pm - Yoga - Town Hall
 Oct. 16 9:00 am - Tai Chi - Town Hall
 Oct. 17 7:00 pm - Selectboard Meeting - Town Hall
 Oct. 19 6:00 pm - HS Chicken Dinner - Town Hall
 Oct. 22 10:00 am - COA Coffee Hour - Senior Room
 Oct. 23 6:30 pm - Yoga - Town Hall
 Oct. 23 9:00 am - Tai Chi - Town Hall
 Oct. 23 6:30 pm - Yoga - Town Hall
 Oct. 25 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 30 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall
 Oct. 29 Recycling day
 Oct. 30 9:00 am - Tai Chi - Town Hall
 Oct. 31 7:00 pm - Selectboard Meeting - Town Hall

• Drought brings Continued from page 1.

volunteer member of our fire Department should contact Chris
 Galipeau or show up at the Fire station Tuesday evenings at
 7pm to fill out an application and see what we are all about. It
 does take a lot of effort and dedication but is rewarding. Junior
 volunteers are welcome but need to be at least 16 years of age
 with documented parent/guardian permission.

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾
 page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page
 and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads
 must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put in
 the MB box at the Library, or mail to: Montgomery Mountain Breeze, c/o
 Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-
 9525. Include your name and phone number. Payment must be received by
 deadline date (usually on the 16th of the month) or ad will not be run. No
 cash, please; make check payable to Montgomery Mountain Breeze and
 put in the MB box at the Library, or mail to above address.

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818
 Helen Allyn * Chris Brown * Laurie Flechsig * Paula Long * Julie
 Pike * Jane Thielen

montgomerymtbreeze@gmail.com

The Grille is *the place* to meet your neighbors!



TOWN TAG SALE


October 5, 2019

All proceeds going to the Montgomery Volunteer Fire Department. If you want to donate any items you can drop them off in front of the Grille on the picnic tables


Friday night or or early Saturday morning.

Any items left over will either go to the bulk pick up or Salvation Army.

There will be free coffee and warm cider at the tag sale.



The grille will be **CLOSED**
Wednesday, October 23,
Thursday, October 24,
and Friday, October 25.



Montgomery

Grille

AT THE MONTGOMERY MARKETPLACE

Hours:
Wednesday, Thursday, Friday:
5:30 am to 2:30 pm
Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

46 Main Rd, Montgomery, MA
862- (FOOD) 3663

NEW HOURS: 6:00 a.m. to 2:30 p.m.

Closed Mondays & Tuesdays

Gardens are winding down but there's still plenty to do

Things to do in Oct. The gardens are winding down, but there is still plenty of color and produce coming from our gardens.

- Wait until mid month to plant your fall bulbs. Bulbs should be planted when nighttime temperatures average between 40 – 50 degrees
- Plant perennial asters in beds that are now colorless. They are beautiful this time of year.
- The best garlic for planting in New England is the so-called hard-neck type. Prepare garden soil for planting garlic by working in 1 to 2" of compost or well rotted manure into the top 6 " of the soil..Incorporate some

GardenNews by Chris Brown



wood ash if you have it – potassium in the wood ash promotes bulb growth.

- Plant garlic now but wait till ground freezes to mulch with straw.
- Wait until freezing temperatures to remove wasp and yellowjacket nests.
- Take advantage if the soft, moist soils now to grub out roots of invasive plants such as honeysuckle, briars, sumac, bittersweet and poison ivy (protect skin – even the roots contain the irritating chemical).

The above information taken form UMass Garden Calendar and Garden Clipping from UMass Extension.

PUMPKIN ICE CREAM

Recipe for October 2019. Thank you Jeanne for this easy & seasonal recipe.

1 qt. vanilla ice cream

1 cup canned pumpkin

¼ tsp. pumpkin pie spice

Soften ice cream. Stir in pumpkin and spices. Freeze. *(you can add ½ cup chopped nuts if you like.

OCTOBER RECIPES



Outside the bird feeder with Lori Conley

BATS IN HALLOWEEN FOLKLORE

Bats are one of the spookiest and most enduring images of Halloween, but how did the image of this harmless and beneficial flier become a harbinger of darkness and evil?

It may have started long ago when the ancient Celts lit bonfires to ward off evil spirits of the night. The Celts believed the ghosts of their ancestors returned to earth once each year on the night of Oct 31 when the spirits of the dead could cross over to the living. The spirits roamed the lands in search of mischief and mayhem. As protection the Celts held an annual celebration on this night known as Samhain, which also marked the end of the harvest season. They dressed in costumes and lit large bonfires to appease any demons returning from the Other World.

As the bonfires burned, the glow and warmth attracted mosquitoes and other flying insects, in turn these attracted hungry bats that would feed on them. The dark shadowy shapes darting through the firelight may have appeared to

the Celts as the embodied spirits of the returning dead.

Fortunately, these beneficial little creatures are not the evil demons of the dark - unless you're a moth or a mosquito! They can eat over 1,000 flying insects in a single night using echolocation. Contrary to popular myths they are not blind and have excellent eyesight. Some species eat fruit and help disperse seed to rejuvenate forests where they live. Others are important plant pollinators spreading pollen as they search thru flowers for nectar. Some bats can live for 25 years and they are the only mammals capable of true flight. Females give birth to only one young per year and nurse their young with milk.

Sadly many bat species are in serious decline, threatened by the loss of habitat, nesting and roosting sites, and disease. You can help by hanging a bat house to encourage these interesting, harmless and beneficial predators to take up residence in your yard.

Happy Fall and Halloween!

Reminder

BULK DROP OFF – SATURDAY OCT. 5 FROM 8 TO 1 BEHIND THE CHURCH IN MONTGOMERY CENTER.

WE HAVE CLARIFIED YOU CAN DROP OFF "WHITE APPLIANCES" SUCH AS STOVES, WASHING MACHINES, ETC. AS LONG AS THERE IS NO FREON INVOLVED.

Offered to a home in need

Offering free seasoned firewood to town residents who really could use it. Most in 4 foot lengths from small to large. If interested call 862-3395. Please not intended for resale; only for those in need.

Thanks, a Montgomery neighbor

MONTGOMERY:

An article written Wednesday, September 30, 1903, Times and News-Letter newspaper

Onward and upward! That is the motto one must adopt, if he would travel to the high-built old town of Montgomery whose inhabitants live so far above the majority of people of the good old Bay State.

When after the close of the last French and English war, Ephraim Avery and his family removed from the town of Westfield and made their way up into the mountains, to the westward, to establish a home, they constituted the advance guard of what was destined to be a prosperous New England farming community. Here they and their followers found the land fertile and productive and the locality soon became known as the "New Addition" in Westfield, whence came nearly all the first settlers. As the place grew, the people expressed a desire to be set apart as a new town. They found it inconvenient to travel the long distance to Westfield or the other adjoining towns, to transact business, to attend elections, etc. so in 1780, there being then about 400 inhabitants, they besought the General Court to set apart territory, and have a town incorporated by the name of Montgomery, in honor of the brave Revolutionary patriot, General Richard Montgomery, who was killed in battle before the walls of Quebec in 1773.

From the earliest years of its history, Montgomery has been an agricultural town. There being no considerable water power available and the cost of transportation of raw material and finished products to and from the railroad centers being so great, manufacturing could not get a hold there and advent of the railroads in adjoining towns, especially in Westfield, had a tendency to draw by degrees from the population, so that in 1900, Montgomery had less than half the number of inhabitants that dwelt in the town one hundred years ago, at which time the place seems to have reached the zenith of its growth and power. Like many others of our New England hill towns, Montgomery has experienced a decadence, but its loss has been the gain of this larger towns and cities whither her sons and daughters have gone to add their good influence to society and do their share in the world's work and those who remain upon the farms, parents, grand-parents, and other relatives, point with pride to the achievements of the children of the hills, who have gone down to the country's great metropolis, to the new West, an even to foreign lands, and there achieved fame and fortune, in the professions, in mercantile life and in the world of invention.

Among the names closely identified with the history of Montgomery may be mentioned, Avery, Squier, Clark, Allyn, Parks, Moore, Pettis, Kagwin, Pitcher, French, Fellows, Bosworth, Wattles, Barret, Falley, Mallory, Palmer, Chapman, Andrews, Root, Rich, Taylor, Herrick, Adams, Wilburn, Coe, Williston, Clapp and Kelso.

Montgomery may be reached by a number of highways leading up to the town from various points of the compass. Going from Westfield, the main route is that over Prospect hill, through Wyben and up the mountain by a steep climb to the center. Then there is Pitcher street which skirts the top of the high range bounding Wyben on the West, uniting with the first mentioned road at the little white school house, or if one chooses, he may drive through Pochassic, continuing west by the road that crosses the foothills of Tekoa, by the historic Falley homestead, and on up by the

wood-bordered road that follows the general course of the reservoir brook. This road is the most convenient avenue of communication with Montgomery for the people of Fairfield and vicinity, who go by way of the old Feeder road, around the base of Tekoa to the main road. From the Hamptons, on the north, roads lead into Montgomery by way of Russellville and other points; cross-roads from the region of Rock Valley and Hampton Ponds merge into the main road up the mountain; while from the region of



Montgomery Main Rd to Westfield Late 1800's.

Russell, Huntington and Norwich on the west are a number of much traveled highways that make the ascent to Montgomery easy as possible, for contrive as we will, the town's center can be reached in no other way than by a long and patient clumb, where one feels prompted if driving to alight from the carriage and walk, out of sheer pity for the horse.

There is much in Montgomery or the lover of nature and rare scenery. It is pre-eminently a place for rest and quiet meditation. Standing on the elevations which abound, the naked eye may take in broad expanses of meadow, wooded knolls and distant hills. With a good field glass all these are magnified and beautified. Take an eastern view. The high point just north of Captain Hildreth's place is most convenient for a survey. Straight north, a dense forest obstructs the view, but the slow sweep of the glass soon reveals the spires and higher buildings of the Hamptons with their background of mountains and noted peaks, among which stands that grand sentinel, Mount Tom. Under favorable conditions, on clear days, glimpses may be had of points as remote as Belchertown. The factory chimneys of Easthampton send up their smoke telling of the industries that make for the prosperity of the middle distance, the silvery survice of Hampton Ponds glints in the sunlight. There are broad stretches of plain land surrounding these waters, with the barren gray of dried grasses, adding variety to the coloring that greets the eye.

Annual Chicken Pie Supper on tap for October 19

Any person who did not attend the recent Montgomery Historical Society's "mystery field trip" really missed a good one! Several members and some friends and neighbors met on Saturday afternoon, September 14 to view the site of the former Blacksmith Shop, home and outbuildings of the historical owners, the Kagwin family, on Lower Pomeroy Road, where Greg Smith and his niece Joy Taylor shared stories about the Kagwins and their contributions to the town's history. Greg and Joy included their own experiences growing up and/or visiting relatives in this area. From that site, we visited the Williston place nearby, and ended at the Herrick place for a tour of that beautifully-restored historical home on Herrick Road. We sincerely appreciate Greg's and Joy's hospitality and the local history they provided all of us.

We'd also like to thank those townspeople and neighbors who visited the Historical building (Montgomery's "Town House" or former Town Hall) during the Open House on Saturday, September 21! **COMING SOON... THE HISTORICAL SOCIETY'S ANNUAL CHICKEN PIE SUPPER!** Please save the date: **Saturday, October 19...** Dinner in the Town Hall is at **6:30 p.m.**, with the program following at approximately 7:30 p.m. The

Historical Happenings



supper will include chicken pie, mashed potato, gravy, vegetable, cranberry sauce, dessert, and beverage. You can't beat the price for this delicious home-style meal – just \$10.00 per adult and only \$5.00 for youngsters aged 10 and under! We will also have a 50/25/25 raffle. **Make your**

reservations soon for a scrumptious meal and interesting program. **Reservations before Tuesday, October 15, please – call Laura at 862-8095.**

Our guest speaker for the evening will be Bruce Cortis of Westfield, discussing "Whips of Westfield – The Rise and Decline of an American Industry." Mr. Cortis has published a book of the same name based on his in-depth research undertaken to provide a source to educate people who are not aware of Westfield's whip heritage and to provide information to assist those who want to dig deeper into researching particular companies or areas by establishing reference points to assist their efforts; to enhance an overall understanding of the evolution of Westfield's whip industry, the impact on Westfield's economy, the involvement of its people, and its ultimate demise. He presented his findings in May at Westfield State University during one of the many historical lectures supported by the Westfield 350th Anniversary Committee. Please join us for an enjoyable evening. **Reservations needed soon!**

Have you visited your local town Library lately? The Historical Society's display case in the Grace Hall Memorial Library at the town center is used to showcase historical items/collections and newer collectibles loaned by townspeople, friends and members of the Historical Society. A new display will be in place about the time this newspaper is printed, so be sure to check it out – we're anticipating exhibiting a collection of figurines that have been treasured for a number of years by a senior resident of our little town.

Please remember: if you have some items or collections you'd like to share with your neighbors and friends, contact Laura (862-8095) to arrange for a time to do so. And if you are a patron of the Montgomery library or are just interested in seeing what's on display, please stop in during library hours for take a look. We hope everyone is enjoying the various exhibits we've presented in the past, and you can help keep it interesting by loaning your materials!

OCTOBER BIRTHDAYS

Bill Aras
Kendra Berndt
Ronald Brewster
Cassidy Cinelli
Andrew Ellis
Jakob Fernengel
Carolyn Fuller

Joshua Galipeau
Henry Lafleur
Nathan Labay
Barbara Lee
Tim Lord
James Lutat
Chris Mann
Linda Morse

Carol Nummy
Emily Osdan
Scott Osdan
Montana Paradis
Julie Pike
Eunice Pomeroy
Renee Whitaker

OCTOBER ANNIVERSARIES

Jean & Bill Aras
Sheri & John Bucko
Laurie & Dan
Flechsigs

Paula L. Chapman

Administrative Chief of Police for the
Town of Montgomery
**OFFICE HOURS: 6:30 pm to
7:45 pm**

October 3, 2019

October 17, 2019

October 31, 2019

November 14, 2019

Condolences to

David Wright, Seth Wright and wife June, and all of the Wright family on the loss of David's wife and Seth's mother Wendy S. Wright on August 29 in Montgomery.

Ren Normantowicz, daughters Robyn and Rachel, and their family on the loss of husband and father Mark L. Normantowicz on August 30 in Springfield.

The family of Paul R. Koutruba of Montgomery who passed away on September 28.

Recycling News – Montgomery bulk drop-off requirements

SATURDAY, OCTOBER 5, 2019
8:00 AM TO 1:00 PM

MONTGOMERY TOWN CENTER BEHIND HISTORICAL BUILDING AND CHURCH

Available to Montgomery town residents – proof of residency, such as a license, may be requested. No trailer loads, please. Each household is allowed to bring up to five items – space permitting. (A few small items may equal one item.)

Lists of restricted and banned items are attached. Please refer to this list before bringing items to the drop – off.

This is a volunteer effort. If you appreciate this service, please come to help for an hour or two. The organizers cannot carry the items into the dumpsters and are always looking for help. If you would like to help, or have any questions, please call Kate Griffen @ 862-0296 or Chris Brown @ 862-4591. Thank you for your cooperation.

*** Please Note – Appliances
WITHOUT freon are ALLOWED ***

RESTRICTED ITEMS NOT TO BE PLACED IN YOUR CONTAINER

In order to ensure compliance with State and Federal Environmental Regulations, we are not permitted to accept the following items. Under no circumstances should they be placed in a container as trash.

- TIRES OF ANY KIND
- MATTRESSES/BOX SPRINGS
- COMPUTERS/MONITORS OR TELEVISION SETS
- ITEMS WHICH CONTAIN FREON (refrigerators, freezers, A/C, dehumidifiers)
- NO YARD WASTE
- NO APPLIANCES OF ANY KIND
- NO LIQUID OF ANY KIND
- NO HAZARDOUS WASTE
- NO ASBESTOS MATERIALS
- NO BATTERIES

These items are banned and cannot be disposed of as general trash. If they are found to be in the container, a handling fee will be charged to remove and properly dispose of the item(s). The fee varies according to the item is set by the disposal site.

Should you have any questions on how to properly dispose of any waste, please contact our office @ (413) 557-6700. Thank You.



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Trash Cart

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Westfield, MA 01086

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est. 1911
Grace Hall Memorial Library
Montgomery, Massachusetts

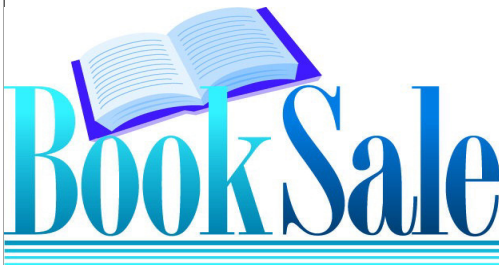
October Library News

facebook.com/
gracehallmemorial

**October
2019**

October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins.... Merry October! ~Rainbow Rowell (b.1973),

Book & Bake Sale



**Oct. 5 , 9 am to 2 pm at
the Little Red School
House**

Stop by and pick up some wonderful homemade goodies with some great winter reads. All proceeds go to supporting the Library events. Donations of bake goods can be made the day of the sale.



**Greeting
Card
Workshop
with**

Sandie Mann

Oct. 26 at 10 am

Sign up for this Make & Take workshop to create beautiful

Holiday and more greeting cards.
Just in time for the season!
Please pre-register by Oct. 20 in
the library, seats are limited.



**YOGA Wednesday
nights at 6:30pm \$10.
Please contact Chris
Brown at 862-4591**

**Hilltown Community
Ambulance Association
& Library present**

**CPR & First Aid Clas-
ses**

Oct. 12, 7:45am to 1pm

**Young Adults and
Adults Heartsaver CPR/
AED / First Aid**

**Fee \$50 please sign up
at the library by Oct 9**

**Trustees Meeting Nov
TBA at 6:30 PM**

Museum Passes

***Old Sturbridge Village*
Springfield Quad
Norman Rockwell
Mystic Aquarium
Deerfield Historical Mu-
USS Constitution
DCR State Park Pass
MassMoCa**

Hours

**Tues: 10- 5:30
Thurs: 12-8
Sat: 9:30-12:30**

Contact

Mail

**161 Main Road, Montgom-
ery, MA 01085**

Phone

413-862-3894

email

**Montgomerylibrary
@yahoo.com**

Website

montgomeryma.gov

wghl.masscat.org

**f a c e b o o k . c o m /
gracehallmemorial**

commonwealthcatalog.org

COUNCIL ON AGING

Serving the Citizens of Montgomery
October 2019

Calendar

Tue – Oct 8 Coffee Hour – 10 a.m.
Flu Clinic – 10 to noon

Tue – Oct 22 Coffee Hour – 10 a.m.

Tai Chi

Town Hall – Wednesday – 9:30

Osteoporosis Exercise Class

Town Hall – Friday – 9:30 – 11am

Birthdays

Barbara Lee	Linda Morse
Henry Lafleur	William Pattison
Carol Nummy	Eva Poudrier
Ronald Brewster	James Lutat
Carolyn Fuller	Julie Pike
Kendra Berndt	

Comcast Installed in Senior Room

Now that Comcast has arrived in town, the Senior Room is cable ready. With the helpful aid of Henry Lafleur, we have installed a new television which has only a basic hookup.

The COA also has a separate phone number, 642-8143. Please use this if you wish to leave a message as we are in the Town Hall only a couple days a month. I still advise you to call 862-3257 if you need a quicker response.

We have made other minor changes in the Senior Room. Please join us at one of our coffee hours as we are always glad to see our neighbors.

Flu Clinic

On Tuesday, **October 8th** we will be holding a flu clinic at the Town Hall, from 10 a.m. till noon.

Walgreens Pharmacy will be conducting the clinic and it will be open to all residents. All they require is that you bring your Medicare and other insurance cards. A consent form (Vaccine Administration Record -VAR) can be obtained at the Town Office and may be completed prior to the clinic date.

Look for notices posted in the senior room, town office and library.

- The cold and flu season are underway, so clean your hands often with hand sanitizer or soap and warm water.
- Avoid touching your eyes, nose or mouth.
- Sneeze or cough into your sleeve if you don't have a tissue.
- If you're sick, stay home
- Ask your doctor about getting a flu shot to help you weather the season in good health.

Medicare's Open Enrollment Period October 15 – December 7

This is the time of year when everyone with Medicare can join or change their health and prescription drug plan for 2020.

This is an important opportunity to make sure you're getting the most from your Medicare benefits. Every year, Medicare plans change, and so do your needs. It's worth the time to shop around to see if your coverage is still the best for your situation.



National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

- Women ages 40 to 49 should talk with their doctors about when to start getting mammograms.
- Women ages 50 to 74 should get a mammogram every 2 years.

National Mammography Day

The third Friday in October each year is National Mammography Day. On this day, and throughout the month, women are encouraged to make a mammography appointment. In 2019, National Mammography Day is celebrated on **October 18**.

Since its inception, National Breast Cancer Awareness Month has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Today, National Breast Cancer Awareness Month recognizes that although many great strides have been made in breast cancer awareness and treatment, much still needs to be accomplished. National Breast Cancer Awareness Month remains dedicated to educating and empowering women to take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare provider, adhering to prescribed treatment and knowing the facts about recurrence.

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